

MEDIA RELEASE

Bloomington Celebrates Disability Awareness Month during March 2017 and Community Accessibility Month during April 2017 (As of March 4th)

The months of March and April offer Bloomington a time to consider ways in which our community is a welcoming one to people with disabilities. During March, Bloomington and communities across Indiana celebrate **Disability Awareness Month**. In April, the City of Bloomington's Council for Community Accessibility celebrates **Accessibility Awareness Month**.

A wealth of activities will be occurring in Bloomington and on the IU campus over these next two months. Individuals with disabilities, family members, service providers, faculty, and other community members are encouraged to participate.

MARCH DISABILITY AWARENESS MONTH ACTIVITIES

Thursday, March 2nd Creative Thinking: Your #1 Skill for Breaking Down Barriers

The focus of this event is identifying and overcoming the barriers that cause us to achieve less than we desire, whether they be physical, cognitive, social, or work/ life skill challenges. You'll be asked to share a barrier you'd like to overcome to tablemates, and then partner with someone from your table to generate possible solutions. Since March is Disability Awareness Month, two guests will help us explore issues and celebrate how creativity can help overcome barriers: 1) Adria Nassim and her service dog Lucy sharing her creative secrets for dealing with the barriers in her life; and 2) Indiana Innovation Award winner Jeanne Scheets, Director of Marketing and Partner Program at ARC Indiana for people with intellectual and developmental disabilities. The event takes place at 5:30 pm - 7:30 pm at The Bloomington Cooking School, 115 North College Avenue, on the lower level. Free and open to the public; drinks and appetizers included. RSVP at www.eventbrite.com/e/creative-thinking-your-1-skill-for-breaking-down-barriers-tickets-32194416366?mc_cid=4fab700fc8&mc_eid=6a6182ea27. For more information, contact Ladi Terry at joincreativeindiana@gmail.com or call 812-219-4493.

Saturday, March 4th PALS Volunteer Training

People & Animal Learning Services (PALS) will conduct a volunteer training session at the PALS facility (7644 W. Elwren Road Bloomington, IN). Horse experience is not required to get started. The training will last from 1:00 -3:00 pm. Volunteer responsibilities include leading horses and side-walking clients during sessions as well as helping groom, saddle, train and care for horses and helping with barn chores. To sign up for the training, visit the PALS website at www.palstherapy.org/volunteer or contact Cynthia Wakley at cynthia@palstherapy.org or 812-336-2798 Ext 15.

March 6th – March 31st Display – Release the Stigma

This exhibit will occur on the First Floor C Hallway of Ivy Tech's Connie and Steve Ferguson Academic Building. This interactive display will feature paper cut-out balloons for staff, faculty, and students to write or decorate about their own disability or of a loved one. Disability Support Services (DSS) staff will then hang these balloons on the hallway wall to metaphorically "release the stigma" of all disabilities. For more information, contact Amy Mobley at amobley21@ivytech.edu.

Wednesday, March 8th Monroe County Coalition for Access and Mobility (MCCAM)

The Monroe County Coalition for Access and Mobility meets bimonthly on the 2nd Wednesday of the month. At this March 8th meeting, the primary topic will be pedestrian access and development. Beth Rosenbarger with the City Planning and Transportation Department will be our speaker. MCCAM will meet at 11:30 am in the multi-purpose community room of the Bloomington Transit Terminal at Third and Walnut Streets. Anyone is welcome! For more information email mccam1234@gmail.com, or call google voicemail at: (812) 369-8967.

Thursday, March 9 Sensory Storytime

Open to all preschoolers, this storytime is designed for children on the autism spectrum or with sensory integration issues. If your child has difficulty sitting through one of our other storytimes—or is just more comfortable in a small, interactive setting—try this program of stories, songs, and activities. Appropriate for aged 3-6. This event will be held from 10:00 am until 11:00 am in the Children's Program Room. Please register by calling the Library: 812-349-3050. For more information, contact Chris Jackson at cjackson@monroe.lib.in.us.

Thursday, March 9th Mock Interview Day

Mock Interview Day gives individuals with disabilities a chance to practice interviewing skills with a community employer. The Job Developers Council will host this event from 12:00 Noon - 2:00 pm at the MCCSC Education Resource Center. The Job Development Council is part of the Community Transition Council and consists of representatives from Bloomington North and South High Schools, Community Transitions Program, LIFEDesigns, Stone Belt, Centerstone, and the Office of Vocational Rehabilitation. Those interested in participating should contact Brandi Hamilton at bhamilton@lifedesignsinc.org.

Thursday, March 9th "Way to Go" Travel Training

Bloomington Transit hosts free travel training sessions for individuals and groups. The purpose is to teach people of all abilities to navigate the city bus system. Sessions are held each month. This March 24th class will be held at 1:00 – 3:00 pm at the 3rd & Walnut Transit Center. Additional classes can be arranged. Interested persons or groups must RSVP. For more information and to RSVP, contact Eli McCormick, Customer Service Manager, at mccormick@bloomingtontransit.com or 812-336-7433.

Wednesday, March 15th Autism-Friendly Movie

The lights are up, the sound is low, and no one will complain about a little noise or movement. Movies are shown at the Monroe County Public Library in the Auditorium on the 1st floor from 6:00 pm until 7:30 pm. Appropriate for ages 5 and up. For more information, contact Chris Jackson at cjackson@mcpl.info or 812-349-3050.

Saturday, March 18th ARF! Read to a Dog

Registered therapy dogs listen to your child read aloud. This activity encourages a regular habit of reading for fun and aids development of reading skills. This is a great event for readers of all abilities, but especially helpful for reluctant or struggling readers. Appropriate for ages 5-12. Drop in to the Children's Program Room at the Bloomington Public Library between 10:30 am and noon. Also available on March 4th at the Ellettsville branch. For more information, contact Chris Jackson at cjackson@mcpl.info or 812-349-3050.

Monday, March 20th Heartland Association, American Council of the Blind (ACB) Meeting

The Heartland Association of ACB meets bimonthly on the 3rd Monday of the month for a casual meet and greet at 6:30 pm, and with the program beginning at 7:00 pm. The March 20th meeting will be held in the Community Room of Bell Trace Community Living Center on the lower level, 800 North Bell Trace Circle. The special presenter will be Dr. Michael DeWit with the IU School of Optometry, who will speak on macular degeneration and ocular health. To learn more about local chapter meetings and the American Council of the Blind, contact the Heartland Association of ACB via Google voicemail: 812-269-6531 or email Barbara Salisbury at barbara.salisbury@att.net.

Thursday, March 23rd Community Conversation on Diversity, Cultural Competence, & Inclusion

The next MCCSC Community Conversation will be held on at the Co-Lab, located at 553 E. Miller Drive. There will be a discussion led by Dr. Derek Greenfield on "*Confronting Ourselves – Promoting Diversity, Cultural Competence, and Inclusive Excellence*." The event is open to the public. Doors open at 6:00 pm and the discussion starts at 6:30 pm. For more information, contact Andrew Clampitt, Public Relations and Information Officer with MCCSC, at 812-330-7700.

Friday, March 24th Talent Show

LIFEDesigns is partnering with Best Buddies of IU and the Kiwanis's Aktion Club to host a Talent Show at Jackson Creek Middle School (3980 South Sare Road). The show begins at 6:00 pm promptly. Light concessions and snacks will be available before the show and during intermission and breaks, provided by the Bloomington Self Advocates group. The event is free and open to the public. For further information, contact Stephanie Shelton at sshelton@lifedesignsinc.org or call [812-332- 9615](tel:812-332-9615).

Sunday, March 26th IU Cinema Film

The film, titled "Rahsaan Roland Kirk: The Case of the Three-Sided Dream," is an absorbing look at a seemingly superhuman musical force, Rahsaan Roland Kirk (1935–77), who wouldn't even let partial paralysis keep him from pursuing what he called "The Religion of Dreams." He was a warrior against racial injustice and an advocate for people with disabilities. Kirk, who could play three horns at once, performed his very last concert on the IU–Bloomington campus. The film will be screened at 3:00 pm at the IU Cinema – it is free, but tickets are needed. You can find out more about the film here: www.cinema.indiana.edu/rahsaan-roland-kirk.

Monday, March 27th City of Bloomington Council for Community Accessibility

The regular monthly meeting of the City of Bloomington Council for Community Accessibility (CCA) will be held on Monday, March 27th from 4:00 pm to 5:30 pm at City Hall in the McCloskey Conference Room (#135). The meeting is open to all who are interested in making Bloomington a more accessible city. For more information, contact Michael Shermis at shermism@bloomington.in.gov.

Monday, March 27th "Bottom Dollars" Documentary and Discussion

The Indiana Institute and Indiana Disability Rights (IDR) are presenting a screening of the 2016 documentary, *Bottom Dollars*, produced by Rooted in Rights, the video advocacy arm of Disability Rights Washington. This documentary focuses on the practice of paying people with disabilities sub-minimum wage, and examines the sheltered work environments in which people with disabilities may earn as little as two cents per hour. After the screening, Rooted in Rights filmmaker, Jordan Melograna, will join panelists from the Indiana Institute on Disability and Community, Indiana Disability Rights, and self-advocates with firsthand experience working in sheltered workshops, for a forum discussion of the issues presented in the film. This event will be held on from 6:30 - 8:30 pm in the Council Chambers of Bloomington City Hall. It is FREE and open to the public. For more information, contact Joel Fosha at foshaj@indiana.edu.

Monday, March 27th Documentary Film: Handicap This! Mike Berkson & Tim Wambach

This video will be featured in Ivy Tech's Shreve Hall, located on the first Floor of the Cook Pavilion next to the Hoosier Times Student Commons. In this video, "Tim and Mike share their story and friendship through educational and entertaining performance art that raises awareness about people born with severe physical handicaps and inspires individuals to achieve their own goals and dreams." For more information, contact Amy Mobley at amobley21@ivytech.edu.

Tuesday, March 28th Disability Support Services Education Table

The Education Table will be available in the first floor Rotunda of Ivy Tech's Hoosier Times Student Commons from 10:00 am – Noon and 2:30 pm - 4:00 pm. Disability Support Services information will also be available at all planned events in March. For more information, contact Amy Mobley at amobley21@ivytech.edu.

Tuesday, March 28th TED Talks – "Managing Stress"

These videos will be featured in Ivy Tech's Shreve Hall, located in the Hoosier Times Student Commons on the first floor of the Cook Pavilion. They will be shown from 11:00 am – Noon. For more information, contact Amy Mobley at amobley21@ivytech.edu.

- "How to Stay Calm When You Know You'll be Stressed" – Neuroscientist Daniel Levitin thinks there's a way to avoid making critical mistakes in stressful situations, when your thinking becomes clouded — the pre-mortem. "You're not at your best when you're stressed. In fact, your brain has evolved over millennia to release cortisol in stressful situations, inhibiting rational, logical thinking but potentially helping you survive, say, being attacked by a lion." "We all are going to fail now and then," he says. "The idea is to think ahead to what those failures might be."
- "How to Make Stress Your Friend" – Stress. It makes your heart pound, your breathing quicken, and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Wednesday, March 29th Disability Awareness T-shirt Event

This event will take place in the Hoosier Times Student Commons on the first Floor of the Cook Pavilion from 11:00 am -1:00 pm or until we run out of supplies. This event will give students the chance to help spread awareness and recognize the different visible and invisible disabilities of people they know. Disability Support Services information will also be available. For more information, contact Amy Mobley at amobley21@ivytech.edu.

Wednesday, March 29th Film: Indianapolis Colts Spokesman, Josh Bleill

As students are participating in the T-shirt event, the video of Josh Bleill will be showing in Shreve Hall from 11:00 am - 1:00 pm. Josh Bleill tells people he had "one bad day" while on combat patrol in Fallujah, Iraq, on October 15, 2006. Viewers will be inspired by his undying enthusiasm, infectious joy, and sense of humor as he shares his message of going forward, one step at a time. For more information, contact Amy Mobley at amobley21@ivytech.edu.

Thursday, March 30th Aging: What's Normal, What's Not

Part of the "Caregiver University" series presented by IU Health Bloomington, Purdue Extension of Monroe County, and the Monroe County Public Library, this free workshop will help learners understand and recognize the differences in "normal" and "not normal" aging. Alzheimer's Educator Dayna Thompson will emphasize the value of matching helping behaviors to the person's needs and

retained abilities in order to promote a sense of control and self-direction. She will also address typical issues that occur throughout the progression of dementia. Presented at the Monroe County Public Library in Room 2A from 2:00 pm until 4:00 pm. Please register by calling the Library: 812-349-3050. For more information, contact Chris Jackson at cjackson@monroe.lib.in.us.

APRIL ACCESSIBILITY AWARENESS MONTH ACTIVITIES

Tuesday, April 4th “Way to Go” Travel Training

Bloomington Transit hosts free travel training sessions for individuals and groups. The purpose is to teach people of all abilities to navigate the city bus system. Sessions are held each month. This April 4th class will be held at 1:00 – 3:00 pm at the 3rd & Walnut Transit Center. Additional classes can be arranged. Interested persons or groups must RSVP. For more information and to RSVP, contact Eli McCormick, Customer Service Manager, at mccormick@bloomingtontransit.com or 812-336-7433.

Tuesday, April 4th Transition Fair

The Monroe/Owen Transition Council will host its annual Transition Fair from 4:30 pm - 7:00 pm at Ivy Tech Community College in the Student Commons/Shreve Hall. This year, in partnering with Down Syndrome Family Connection and Family Voices Indiana, the Council will expand the Fair to include services geared to the needs of school-age and preschool children as well as adult services. More than 30 exhibitors from various service providers will be present. For further information, contact Kathy Bruner at kbruner@mccsc.edu.

Monday, April 10th Legal Issues in Caregiving

Part of the “Caregiver University” series presented by IU Health Bloomington, Purdue Extension of Monroe County, and the Monroe County Public Library, this free workshop will explore various legal issues that are encountered as we age and caregiving situations enter the picture. Michele McCrory of the Like Law Group will discuss such topics as Power of Attorney, Guardianship, Living Wills, and Medicaid Planning. The workshop will be presented at the Monroe County Public Library in Room 2A from noon until 1:00 pm. Please register by calling the Library: 812-349-3050. For more information, contact Chris Jackson at cjackson@monroe.lib.in.us.

Wednesday, April 12th Monroe County Coalition for Access and Mobility (MCCAM)

The Monroe County Coalition for Access and Mobility (MCCAM) exists to involve community voices in an effort to improve access in mobility throughout Monroe County for all, regardless of ability. MCCAM meets bimonthly, the second Wednesday of the month, from 11:30 am until 1:00 pm at the Bloomington Downtown Transit Center multi-purpose room. At this meeting, MCCAM will welcome the Bicycle and Pedestrian Coordinator from the City of Bloomington. Information regarding meeting schedules, transportation events, trainings, and announcements is available on MCCAM’s Facebook page: join us and “like” us at www.facebook.com/mccam.org. For more information, email mccam1234@gmail.com.

Thursday, April 13th Sensory Storytime

Open to all preschoolers, this storytime is designed for children on the autism spectrum or with sensory integration issues. If your child has difficulty sitting through one of our other storytimes—or is just more comfortable in a small, interactive setting—try this program of stories, songs, and activities. Appropriate for aged 3-6. This event will be held from 10:00 am until 11:00 am in the Children’s Program Room. Please register by calling the Library: 812-349-3050. For more information, contact Chris Jackson at cjackson@monroe.lib.in.us.

Saturday, April 15th ARF! Read to a Dog

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at the Ellettsville branch. For more information, contact Chris Jackson at cjackson@mcpl.info or 812-349-3050.

Sunday, April 23rd Autism-Friendly Movie

The lights are up, the sound is low, and no one will complain about a little noise or movement. Movies are shown at the Monroe County Public Library in the Auditorium on the 1st floor from 3:00 pm until 4:30 pm. Appropriate for ages 5 and up. For more information, contact Chris Jackson at cjackson@mcpl.info or 812-349-3050.

Monday, April 24th City of Bloomington Council for Community Accessibility

The regular monthly meeting of the City of Bloomington Council for Community Accessibility (CCA) will be held on Monday, April 24th from 4:00 pm to 5:30 pm at City Hall in the McCloskey Conference Room (#135). The meeting is open to all who are interested in making Bloomington a more accessible city. For more information, contact Michael Shermis at shermism@bloomington.in.gov.

Saturday, April 29th Board Meeting, American Council of the Blind of Indiana

A meeting of the Board of Directors of American Council of the Blind of Indiana will begin at 10:00 am at the Monroe County Public Library on Kirkwood Avenue, Room 2A. This meeting is open to the public and is usually held in Indianapolis, so this is an unusual opportunity for anyone local who might be interested. For more information, email Barbara Salisbury at barbara.salisbury@att.net.

Sunday, April 30th IU Cinema Film

Yarim (The Half) is the story of Fidan, a 15-year-old shepherd girl who lives in poverty with her family in a village in eastern Turkey. Her father gives her as a bride to an unknown family. Her husband, Salih, is mentally challenged; although he has a physical age of 35, his mental age is lower than Fidan's. The film will be screened at the IU Cinema at 3:00 pm – it is free, but tickets are needed. You can find out more on the film's web page here: www.cinema.indiana.edu/yarim-the-half.